

# *Peak Week Residential Retreat*

*2019 Website Program Description*

# PEAK WEEK: THE PINNACLE OF EXPANDED STATES

Peak Week guides you into a profound meditation experience through what are often considered the **peak exercises of five different Monroe programs: Gateway, Guidelines, Lifeline, Heartline, and MC<sup>2</sup>.**

Many TMI programs culminate in a pinnacle of energy, insight, and expanded awareness by 4th and 5th days. We have taken the crowning exercises from those days and brought them together in this unique new program. We begin by reconnecting with special Gateway Voyage energy with its promise of discovery and change. We then move through the peak exercises of four more programs over the next four days, each day building upon the one before, to create a crescendo of expanding consciousness.

## Experience Four Extended SuperFlow Exercises for Deeper Exploration and Connection with Inner Self

Develop new or enhanced skills to:

- Access inner guidance
- Improve manifestation abilities
- Experience wholeness in the afterlife state of Focus 27
- Deepen connection with loved ones who have passed over
- Heal self and others
- Expand the flow of powerful heart energy and JOY!

## New Insights are Discovered and Old Truths are Deepened With the Power of Hemi-Sync and a Loving Community of Fellow Explorers

Some of the workshop highlights are:

- Two silent mornings each with three sequenced Hemi-Sync exercises
- Four unique SuperFlows
- Favorite experiential group activities
- An opportunity to sign up for an individual PREP session

Enter into peak experience and energy from the first day, and continue moving into more profound, enlightening, and healing experiences as the week progresses.

**I AM READY TO EXPLORE!**

Your Facility for this Exploration: The Monroe Institute

TMI is the premier experiential residential education center for exploring expanded states of consciousness. For the past 40 years, literally tens of thousands of people just like you have attended our residential programs. People from all walks of life including doctors, engineers, healers, therapists, clergy, homemakers, artists and many more have journeyed to our facilities looking to expand their consciousness and discovering many of the answers to life's mysteries along the way.



## Our Powerful 5-day/6-night All-inclusive Peak Week Program Offers:

- Daily consciousness exploration facilitated by our skilled trainers
- Semi-private accommodations

- 3 delicious home-style meals a day
- Daily yoga classes
- Transportation to and from airport (see details)
- As well as access to walking/hiking trails, complimentary WiFi and massage therapy upon request (additional fee).